

Sally's TESTED RECIPES



With the compliments
of the makers of

ROYAL
BAKING POWDER

no - pam
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Why you should use **ROYAL**

PERFECT results in baking may best be achieved by the use of the correct amount of raising agent for the particular dish you are making. For example, scones or plain cakes obviously require more raising agent than a rich cake made with eggs.

The recipes in this book are based on plain flour with the correct amount of Royal Baking Powder. The amount of Royal Baking Powder used in each recipe has been worked out in relation to the other ingredients in the recipe.

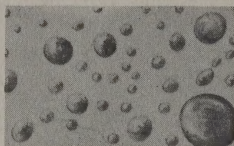
Success or failure depends on your raising agent

Cookery experts agree that on your raising agent depends the success of your baking. A poor raising agent—one that is cheap, stale, or badly blended—can ruin a cake or pudding and waste precious ingredients.

That is why good cooks use Royal Baking Powder. Royal is made of the purest ingredients, and is blended in exactly the right proportions. Royal raises evenly all through.

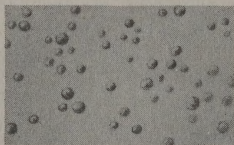
Look at these pictures. They show a cake-batter photographed through a microscope after 15 minutes in the oven.

Cake made with **ORDINARY Baking Powder**



See how the ordinary baking powder has caused large, uneven gas bubbles. The cake will be coarse and crumbly. The large "air-holes" mean it will dry up quickly.

Cake made with **ROYAL Baking Powder**



Now, see how Royal has raised this mixture. It is even all through — the bubbles are tiny and regular. The result will be a fine-textured cake that will keep fresh for days.

NOTE.—When only self-raising flour is available it is advantageous to add Royal Baking Powder—particularly where full aeration is required, as in scones and plain cakes. As a general guide, use half the quantity of Royal Baking Powder when self-raising flour is substituted for plain flour.



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Learn with Sally how to make **GINGER CAKE** (not too hot!)

Sally finds that all her friends love this mild-flavoured Ginger Cake

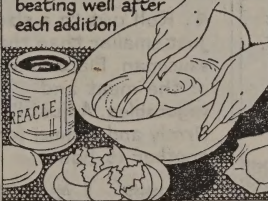
TESTED RECIPE No. 1

Grease 8" cake tin and line bottom with greaseproof paper. Heat oven to 350° (Reg.3)

Sieve together three times: 8oz. plain flour, 4 level teasp. Royal Baking Powder, $\frac{1}{2}$ teasp. salt, 1 level teasp. ground ginger, $\frac{1}{2}$ teasp. ground cinnamon, $\frac{1}{4}$ teasp. grated nutmeg



Cream 4oz. lard with 4oz. brown sugar. Add gradually 2 beaten eggs and 2 level tablesp. treacle alternately, beating well after each addition



Stir in $\frac{1}{2}$ teasp. grated lemon rind and $\frac{1}{2}$ teasp. vanilla essence. Fold in the flour mixture gradually.

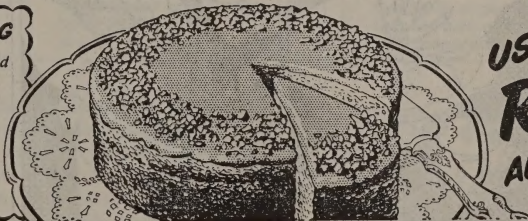


Slowly stir in $\frac{1}{3}$ pint boiling water. Turn mixture into prepared tin. Bake 45 mins. on middle shelf. Turn on to cake tray and leave until cold



NOW FOR THE ICING

To 7 level tablesp. sieved icing sugar add 1 teasp. treacle. Slowly stir in a little cold water until icing is smooth but stiff. Spread over top of cake. Garnish with crystallized ginger or chopped nuts



USE
ROYAL
AND BE SURE





Sally wants a warming dinner for her husband, so she makes Country Pie

TESTED RECIPE No. 2

1. Cut 1lb. lean beef or mutton into pieces. (Use mince if you like.) Dip pieces in 1 dessertsp. flour seasoned with salt and pepper. Peel 1 small onion, 1 carrot, 1 turnip. Cut into small pieces. Put meat and vegetables into an 8" saucepan, season, and just cover with water. Simmer gently for 1 hour.

2. Make Suet Crust
Sieve together 8oz. plain flour, 2 level teasp. Royal Baking Powder, pinch of salt.



3. Rub in 4oz. suet and bring to a light, elastic dough with cold water.



4. Roll out to a size just smaller than the saucepan. Place on top of the meat and vegetables. Adjust lid firmly, and simmer for another 1½ hours.



5. When cooked, loosen crust from sides of pan and cut into pieces. Place meat and vegetables in serving dish with crust arranged on top. Serve hot.

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AND BE
SURE





Sally has a tea party
so she makes

Fairy Fancies

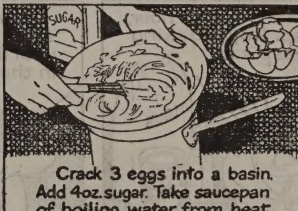


TESTED RECIPE No.3

Grease an 8" square tin and line it with greaseproof paper. Put on 1 pint of water to boil in a saucepan. Melt 2½ oz. margarine and remove from heat.



Sieve together 3oz. plain flour and 1 level teasp. Royal Baking Powder. Stand mixture in a warm place.



Crack 3 eggs into a basin. Add 4oz. sugar. Take saucepan of boiling water from heat; stand basin over it, whisk mixture hard until it becomes thick and creamy. Stir in melted margarine.



Sieve warm flour on to top of mixture and fold in as lightly as possible. Quickly turn mixture into prepared tin.



Bake on middle shelf of moderately hot oven for about 20 mins. until golden-brown and firm (400, Regulo 5, Mainstat D). Turn on to cake tray and leave until cold.

ICE WITH WATER ICING Sieve 6 oz. icing sugar. Add warm water until icing will coat back of spoon. Flavour with ¼ teasp. vanilla essence. Spread icing over top of cake with a broad knife dipped in warm water. Allow to set. Trim, cut into small shapes with a sharp knife, and decorate with cherries, nuts, angelica, etc.

**USE ROYAL
AND BE SURE**



Sally invites you to share her **EASTER BUNNY CAKE**

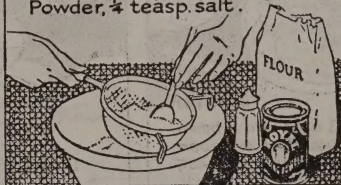


TESTED RECIPE No. 4

Grease a 6½" or 7" square cake tin. Heat 6-7 tablesp. water in a small saucepan.



Sieve together 8 oz. plain flour, 2 level teasp. Royal Baking Powder, ¼ teasp. salt.



Whisk 3 eggs and 10 oz. castor sugar together in mixing bowl until light and frothy, then fold in the flour mixture.



Stir in 6 tablesp. boiling water, a little at a time, then a few drops of lemon essence.



Bake on middle shelf of oven for about 1 hour, the first 20 mins at 325° (Regulo 2—Mainstat C), then increasing heat to 350° (Regulo 3—Mainstat D). Turn out, and allow to get cold.

ICING: Mix 2 tablesp. cocoa with 2 tablesp. warm water. Add 8 oz. icing sugar. Gradually add a little more warm water until icing will coat back of spoon. Add few drops lemon essence. Spread icing with flat knife dipped in warm water. Decorate with angelica, crystallized violet and mimosa, to represent meadow. Mark out rabbits. When chocolate icing is set, ice in rabbit outlines with white icing made by mixing two tablesp. icing sugar with a little warm water.

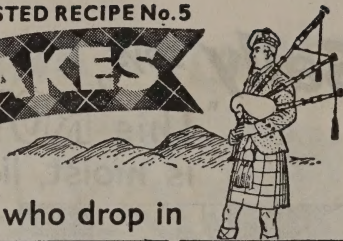


USE ROYAL AND BE SURE



Sally makes HIGHLAND CAKES

TESTED RECIPE No.5



a sweet mouthful for friends who drop in

FILLING:

Melt 1oz. margarine over a low heat. Add 4oz. castor sugar, 1 level teasp. mixed spice, 2 tablesp. syrup, 4oz. sultanas, currants, or raisins, and a pinch of salt. Mix well and allow to get almost cold.



PASTRY:

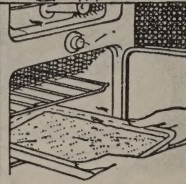
Sieve together 8oz. plain flour, 2 level teasp. Royal Baking Powder, pinch of salt.



Rub in 3-4oz. cooking fat or margarine. Add water gradually, to make a soft, elastic dough. Divide dough in half. Roll out each half thinly. Line a swiss roll tin with one piece.



Spread filling evenly over pastry. Damp edges, and top with rest of pastry. Prick all over with a fork, and brush with beaten egg



Bake on middle shelf of moderate oven for 20-30 minutes (425° Regulo 6, Mainstat E). Remove, and allow to cool slightly.



While still warm, cut into fingers or shapes. Let the pieces get cold before lifting them out.



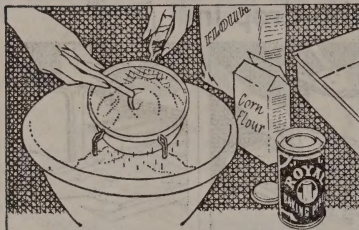
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TESTED RECIPE No. 6

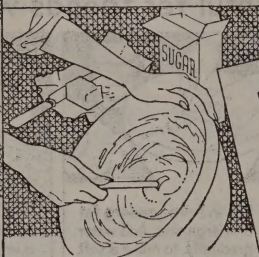
Sally says

TESTED RECIPE No. 6

"This **ROYAL QUEEN CAKE**
is moist, light, and easy to make."

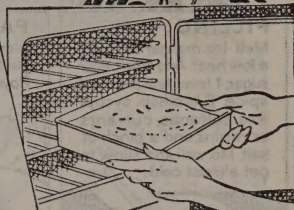


Grease a square cake tin (6"-8") and dust the inside lightly with flour. Sieve together 4½ oz. plain flour, 2oz. cornflour, 3 level teasp. Royal Baking Powder.

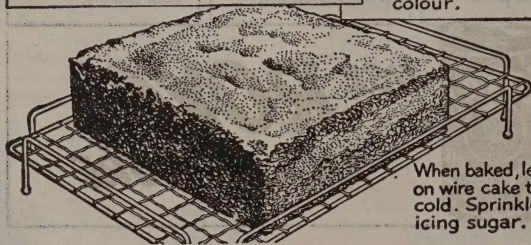


Cream together 4½ oz. margarine and 7oz. sugar until soft, and pale in colour.

Beat in yolks of 2 eggs, one at a time. Add a few drops of lemon essence, and 6 tablesp. milk, a spoonful at a time. Stir in the flour mixture.



Whip up whites of 2 eggs stiffly, and fold in as lightly as possible. Put mixture into prepared tin, and bake on middle shelf of oven at 370° (Regulo 4, Mainstat D) for 35-45 minutes.



When baked, leave cake on wire cake tray until cold. Sprinkle with icing sugar.



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Sally likes **BANANA DELIGHT**

for a suppertime sweet,
as well as for tea.

TESTED RECIPE No. 7

Grease a deep, 8" sandwich tin.
Sieve together 4 oz. plain flour,
1 level teasp. Royal Baking Powder,
1 oz. rice flour or ground rice.



Cream together 4 oz.
margarine and 3oz. castor
sugar until pale cream
and fluffy.



Beat in 2 eggs, one at a
time. Fold in flour mixture.



Turn into prepared tin and
bake until golden brown,
30-35 mins. at 400°
(Regulo 5, Mainstat D)



When cold, split sponge open, and sandwich the pieces
together with raspberry jam and a few slices of banana.
Spread jam on top. Decorate with slices of banana, angelica,
and whipped cream made by beating together 1gill of
double cream and about 1 tablesp. castor sugar.



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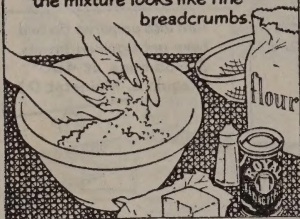
TESTED RECIPE No. 8

Sally enjoys making these Dick Turpins

They look so unusual and attractive



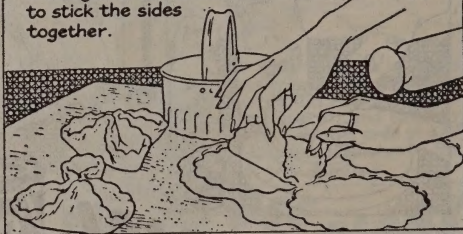
Sieve together 8 oz. plain flour,
2 level teasp. Royal Baking
Powder, and a pinch of salt.
Rub in 3 oz. margarine until
the mixture looks like fine
breadcrumbs.



Mix in 1 oz. sugar. Bring to
a stiff paste by adding 1
beaten egg, and, if necessary,
1 tablesp. milk.



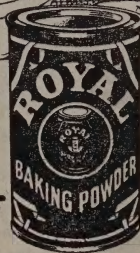
Turn on to floured board,
roll out to $\frac{1}{8}$ " thickness, and cut
into rounds with a fluted cutter. Shape into
three-cornered highwaymen's hats, folding back
the edges. A dab of water on the inside helps
to stick the sides
together.



Bake on middle shelf of moderate oven until
golden-brown, 8-10 mins. at 425° (Regulo 6, Mainstat E)
Sift with icing sugar. When cold, fill the corners
of the hats with jam or water icing.



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TESTED RECIPE No. 9



chop 2 oz. walnuts quite small



Sally shows you how to make sweet, tasty WALNUT FINGERS

Sieve together 8 oz. plain flour
and 1 level teasp. Royal Baking
Powder. Rub in 4 oz. margarine.
Add 2 oz. sugar.



Separate yolk of 1 egg from
white. Beat yolk with about
1 tablesp. water. Add this to
flour mixture and mix to
stiff paste.



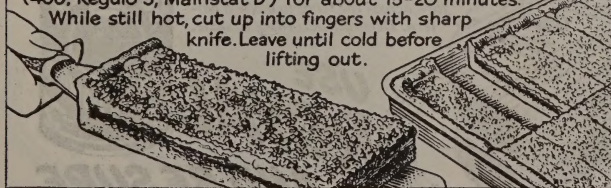
Roll out paste
and line a
9" x 12" swiss
roll tin with
it. Spread with
apricot jam.

Sieve 4 oz. icing sugar. Mix
with slightly beaten egg white.
Spread on top of jam. Sprinkle
with chopped walnuts.



Bake until golden brown on middle shelf of moderate oven
(400° Regulo 5, Mainstat D) for about 15-20 minutes.

While still hot, cut up into fingers with sharp
knife. Leave until cold before
lifting out.



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Sally says "Try this easy recipe".

It's her **FATHER'S FAVOURITE** Chocolate Sandwich



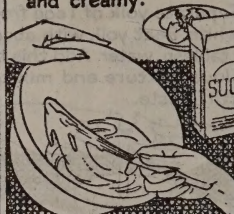
TESTED RECIPE No.10

Grease two 7" sandwich tins. Melt 3oz. margarine and remove from heat.

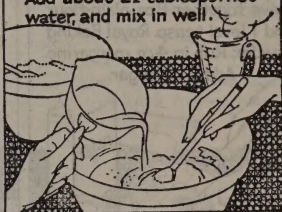
Sieve together 3 times: 3 oz. plain flour, 1 level teasp. Royal Baking Powder, 1 level tablesp. cocoa.



Crack 2 eggs into a mixing bowl. Add 4 oz. sugar. Whisk until thick and creamy.

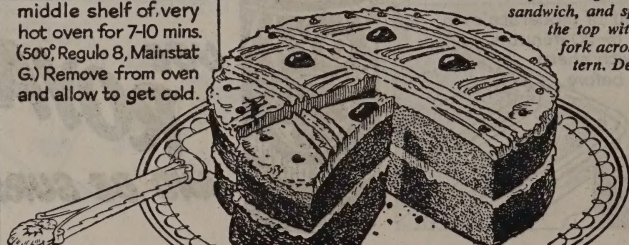


Stir flour mixture and melted margarine alternately into whisked eggs and sugar. Add about 2½ tablesps. hot water, and mix in well.



Pour into prepared tins, and bake on middle shelf of very hot oven for 7-10 mins. (500° Regulo 8, Mainstat G.) Remove from oven and allow to get cold.

BUTTER ICING Sieve 6 oz. icing sugar. Add 3 oz. butter, and beat until smooth and creamy. Use half the icing between the two halves of the sandwich, and spread the remainder over the top with a broad knife. Draw a fork across the icing to make a pattern. Decorate according to taste.



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This Year, make **Sally's** fine-flavoured CHRISTMAS PUDDING



TESTED RECIPE NO 11. MAKES ABOUT 4 LBS. OF PUDDING

Preparation

Well in advance, wash and dry: 6 oz. sultanas; 4 oz. currants; 10 oz. raisins. Then stone the raisins, and chop (or mince) them small; blanch, and chop small, 4 oz. almonds; chop 4 oz. mixed candied peel; grate, or chop very finely, 6 oz. beef suet; make 8 oz. fine breadcrumbs.

Making the Pudding

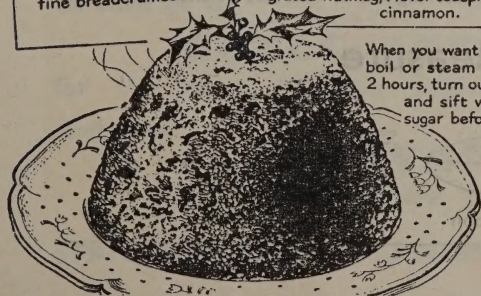
Sieve together 6oz. plain flour, 3 level teasp. Royal Baking Powder, pinch of salt, 2 level teasp. mixed spice, $\frac{1}{2}$ level teasp. grated nutmeg, 1 level teasp. ground cinnamon.

Add 14 oz. brown sugar, grated rind and juice of 1 lemon, & prepared breadcrumbs, suet, almonds, peel and fruit.

Stir ingredients, make a well in the centre, & pour in 6 whisked eggs. Add about 1 tablesp. milk or $\frac{1}{2}$ wine glass of brandy. Stir vigorously. Leave for 2 hours.

Turn mixture into greased basins, filling to within one inch of top. Tie on greaseproof covers. Boil or steam for 8 hours. The puddings can then be kept.

When you want a pudding, boil or steam for about 2 hours, turn out of basin, and sift with castor sugar before serving.



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Useful Weights and Measures

WEIGHING IS WORTH WHILE

One of the most useful possessions in any kitchen is a good pair of scales.

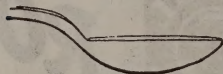
All recipes are made up of a proportion of ingredients to give the best results. Careful weighing will ensure the right amount is used in each case. Not too much, not too little.

Careful measurement is the next best thing to weighing. The following table gives approximate equivalent amounts.

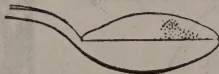
Flour, 1 oz.					1 rounded tablespoon.
Flour, 5 oz.					1 level breakfast cup ($\frac{1}{2}$ pint).
Sugar, $\frac{1}{2}$ oz.					1 level tablespoon.
Sugar, $\frac{1}{2}$ lb.					1 level breakfast cup.
Syrup, 2 oz.					1 rounded tablespoon.
Liquid, $\frac{1}{2}$ pint					1 breakfast cup.
Currants, Sultanas, Raisins, etc., 6 oz.					1 level breakfast cup.
Fat, 1 oz.					Piece size of large walnut.
Egg, 2 oz.					1 medium-sized egg.
Breadcrumbs, $\frac{1}{2}$ oz.					1 heaped tablespoon.
Oatmeal, 1 oz.					1 rounded tablespoon.

Flour and similar materials should be sifted before measuring and should not be shaken down in the cup.

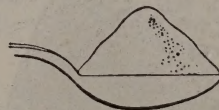
How to Measure



Level Teaspoon



Rounded Teaspoon



Heaped Teaspoon

THE CAUSES OF BAKING FAILURE

<i>This result</i>	<i>is caused by</i>
Cracks and bumps	too much flour
.....	too hot an oven
A dry cake	too much flour
.....	too little fat
.....	too much baking powder
A heavy, gummy cake.....	too much sugar
.....	too little baking powder
A moist, sticky crust.....	too much sugar
Mottled, crumbly	
"Macaroon " crust ..	too much sugar
.....	too slow an oven

<i>This result</i>	<i>is caused by</i>
Coarse-grained cakes.....	too little mixing
.....	too slow baking
.....	too much fat
.....	too much baking powder
A cake falling.....	too much flour
.....	too much fat
.....	too little baking
.....	too much sugar
An uneven colour.....	too little mixing
.....	too fast baking

The Cookery Advice Bureau offers advice to the housewife on all home cooking problems. This service is freely given, and many thousands of housewives have been helped by Marjorie Thornton with recipes and advice.

Be sure to try

ROYAL LEMON PIE FILLING

for the most delicious Lemon Meringue Pie you have ever tasted.

And also

ROYAL DESSERTS

Creamy and delicious—your choice of marvellous flavours.

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Use **ROYAL**



and be sure!